

Pudding, bread³⁰

Number of Servings: 30 (119.73 g per serving)

Amount	Measure	Ingredient
24.00	ea	Bread, whole wheat, 100%, classic
2 3/4	tsp	Spice, cinnamon, ground
13.00	Tbs	Raisins, seedless, unpacked cup
15 1/2	ea	Eggs, whole, raw, lrg
6 1/2	cup	Milk, nonfat/skim, w/add vit A & D
2.00	Tbs	Flavor, vanilla extract
13.00	Tbs	Sugar, white, granulated
3/8	tsp	Spice, nutmeg, ground
3.00	cup	Topping, whipped, lite, Cool Whip

Nutrients per serving

Nutrition Facts	
Serving Size (120g)	
Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 40
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 170mg	7%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	7%
Sugars 13g	
Protein 8g	
Vitamin A 4%	Vitamin C 0%
Calcium 10%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Notes

* Prepare day before

YIELDS: 10 Servings

PAN SIZE: 2 Quart Baking Dish for each 10 servings

TEMPERATURE: 375° F. Oven

Potentially Hazardous Food. Food Safety Standards: Cool after baking to internal temperature of <40 degrees F. Serve refrigerated bread pudding chilled to <40 degrees F.

METHOD:

1. Heat oven to 375° F.
2. Combine bread cubes, raisins and cinnamon; mix well and place in a 2 quart dish.
3. Slightly beat eggs. Stir in sugar and vanilla. Beat until sugar is dissolved. Heat milk until hot and add to eggs, stirring constantly while adding; beat well. Pour over bread cubes and let soak for 5 minutes.
4. Sprinkle with nutmeg. Bake for 25 minutes or until knife blade in middle comes out clean.
5. Cut into # of servings recipe yield indicates. Top each piece with 1 1/2 T Cool Whip Lite.

Each piece = 24 grams carbohydrate = 1 1/2 Carb Serv

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